

Dear Parents and Carers,

Please note that the whole centre/nursery will be closed on **Friday 24th November** for our second training day.

1st Dec. at 2.30pm and 4th Dec. at 9am: **Decorate the Christmas tree.**

Every child will have made a decoration. We will then all gather in the hall to dress the tree and turn on the lights. We are doing this event twice on both sites to ensure that every child is included. Please do join us on one of these dates.

Thank you very much to all of you who completed a **parent questionnaire** recently. One of our governors is collating these and analysing your responses. We will report her findings in this newsletter in January.

I found the following whilst looking for guidance on teenagers and screen time! You may find this article useful:

Screen time and young children: finding a balance.

Here are five commonsensical tips on screens and young children.

1. **Set sensible limits.** With babies and toddlers, it's important to structure and regulate screen time. Young children sleep through quite a lot of the day, so if you do allow some screen use it's crucial to make sure their waking hours aren't consumed by staring at screens.
2. **Keep a balance.** Setting limits on screen time is a great first step, but the way your young children spend the rest of their time will also be important. Babies and toddlers learn best through real world experiences, and as parents already know, they require lots of interaction and face to face attention. Make sure that young children still get lots of chances to play, explore and interact in real life, away from screens.
3. **Choose appropriate media.** It may seem obvious, but if your toddler or young child is allowed to watch TV, the content should be appropriate for their age group. It's tempting to assume that very young children might not understand violent or inappropriate imagery, but research has found a correlation between exposure to violent content and sleep problems in children aged between three and five. Even children's programming aimed at older children might be too fast-paced or confusing for toddlers who may not yet understand silly plot lines or fantastical characters. If you allow very young children to watch TV, it should ideally be stuff that they can relate to, educational, and not too fast-paced. There's some good video content for young children online, as well as television programmes aimed at young children, such as cbeebies.
4. **Do digital things together.** The more very young children interact with parents, carers and other loved ones, the better – and screen time is no exception. Skyping with other family members and watching a children's TV show together while chatting about the plot are good examples of helping young children use screens in a productive way.
5. **Try not to worry too much.** Just as with any other aspect of parenting, it's almost impossible to get everything absolutely perfect. In today's digital world, it can be really hard to prevent children from spending too much time around screens, or to make sure they're

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only exposed to age-appropriate media. There are some important guidelines to keep in mind with young children and screen use, but don't panic if you slip up occasionally.

You may have noticed that the children's centre has been getting into the Christmas spirit, making the most of any opportunities to create Christmas tree decorations for the 'decorate the Christmas tree' events. We will also be singing some Christmas songs in our groups and sessions.

In the coming weeks the children's centre will be looking at the timetable for the New Year. As always your feedback is really important, please continue to give it in the groups that you attend or by speaking to any member of the team.

A gentle reminder to all parents to ensure that they are using the correct car seats for their children and that all children travelling in a car are wearing a seat belt. Government regulations state that **'You can be fined up to £500 if a child under 14 isn't in the correct car seat or wearing a seat belt while you're driving'**. We take the safety of our children very seriously, any reports of children not wearing seat belts or in the correct car seats will be reported to police.

Kind regards

Sally Cave
Head teacher

Dates for your diary:

Fri 24th Nov: Nursery and Centre closed for inset day 2

1st Dec 2.30pm and 4th Dec 9am: Decorate the Christmas tree, parents invited

Weds 13th December, 4.30pm: Family nativity at St John's Church, Stoke for all the family.
NB: no tea club

Thursday 14 December: Christmas lunch for all children and staff

Fri 15th Dec: Christmas jumper day

20 Dec 11.30am and 2.45pm: Christmas sing along, parents invited

21 Dec 9-12: Christmas party for all nursery children, staff and Santa! Parent volunteers, hopefully! **Nursery term ends at 12pm for all, no afternoon nursery or tea club**

21 Dec – Miller Ark Children's Centre activity. Please enquire at reception.

22nd Dec-3rd Jan inclusive: no nursery and no holiday club

Spring term:

Thurs 4th Jan: Nursery term starts

Week beginning Mon 5th February: parent meetings

12th-16th Feb: half term with holiday club

Mon 19th Feb: Centre closed for inset day 3

Thurs 1st March: 5-5.30pm Bedtime stories event

Tues 6th March 2.30-3.30pm and Thurs 8th March 9-10am: Everybody read together

Fri 23rd March: sports day

Thurs 29th March 9-12: Easter party with egg hunt

3rd-6th April and 9th-13th April: Easter holidays with holiday club